Subject: Chat with Karen Lancaster
From: Karen Lancaster <lancaster.karen@gmail.com>
To: barriticus@gmail.com

Karen: Are you okay? Not sleeping well?
me: I didn't sleep well last night but I usually do
Karen: OK, are you going to try and go to bed early?
me: certainly
me: won't be hard today
Karen: You have some teabags that are decaf/sleepy stuff in there.
Karen: Hot bath, hot tea, clean jammies, good book, just do the trick?
me: indeedy